



Owner's Guide

T9600HRT PLATFORM TREADMILL



Congratulations on choosing a VISION FITNESS Treadmill. You've taken an important step in developing and sustaining an exercise program! Your Treadmill is a tremendously effective tool for achieving your personal fitness goals. Regular use of your Treadmill can improve the quality of your life in so many ways...

Here are just a few of the health benefits of aerobic exercise:

- Weight Loss
- A Healthier Heart
- Improved Muscle Tone
- Increased Daily Energy Levels
- Reduced Stress
- Help In Countering Anxiety and Depression
- An Improved Self Image

The key to reaping these benefits is to develop the exercise habit. Your new Treadmill will help you eliminate the obstacles that prevent you from getting in your exercise time. Snow and rain and darkness won't interfere with your workout when you have your Treadmill in the comfort of your home. This Owner's Guide provides you with basic information on starting an exercise program. A more complete knowledge of your new Treadmill will assist you in realizing your goal of a healthy lifestyle.

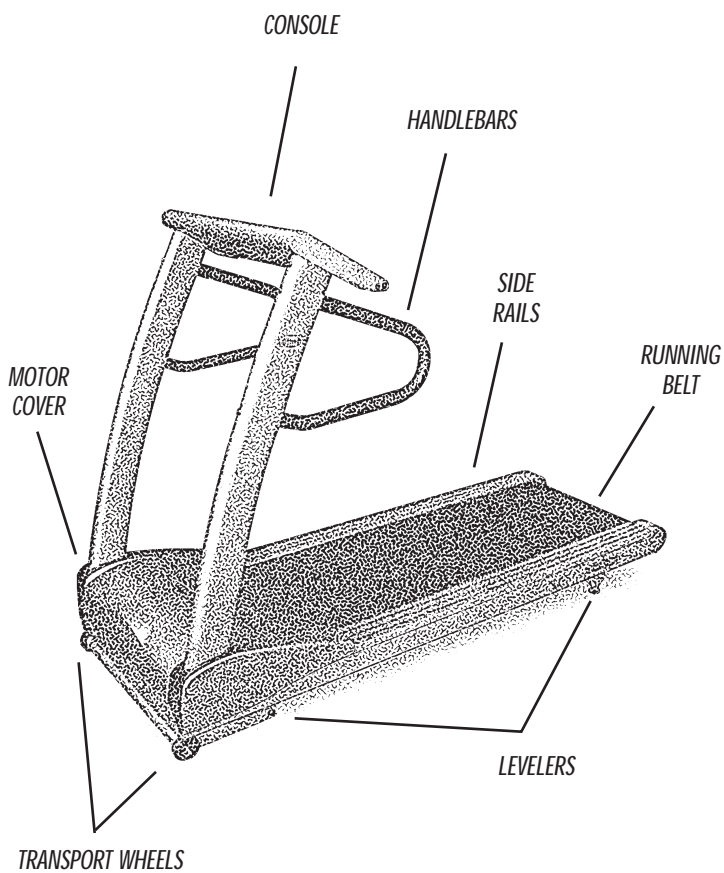
Some kinds of service to your Treadmill should only be performed by your VISION FITNESS retailer. Please contact your authorized VISION FITNESS retailer should service be required. If a question or problem arises which cannot be handled by your VISION FITNESS retailer, please contact us:

VISION FITNESS
P.O. Box 280
500 South C.P. Avenue
Lake Mills, WI 53551
Ph: 1.800.335.4348
Fax: 1.920.648.3373
www.visionfitness.com

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IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following:

Read all instructions before using this exercise product.

WARNING! To reduce the risk of burns, fire, electrical shock or injury to persons:

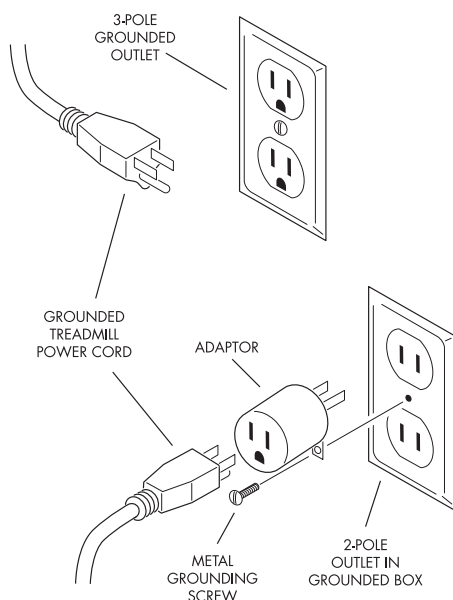
- Use this exercise product for its intended use as described in this Owner's Guide. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Treadmill motor covers or roller covers. Service should be performed only by an authorized VISION FITNESS retailer.
- Never operate this Treadmill if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Return the Treadmill to a retailer for examination and repair.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- To disconnect, turn the switch to the OFF position, then remove plug from outlet.
- Never place the power cord under carpeting or place any object on top of the power cord, which may pinch and damage it.
- Unplug your VISION FITNESS Treadmill before moving it.

CHILDREN

- Keep children off your VISION FITNESS Treadmill at all times.
- When the VISION FITNESS Treadmill is in use, young children and pets should be kept at least 10 feet away.

WALL POWER TO TREADMILL

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated below. A temporary adapter such as the one illustrated below may be used to connect this plug to a 2-pole receptacle as shown, if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. Surge Protectors or Extension Cords should not be used. They do not supply enough electricity to the treadmill and can damage it.



OTHER SAFETY TIPS FOR YOUR VISION FITNESS TREADMILL

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the Treadmill.
- Read this Owner's Guide before operating this Treadmill.

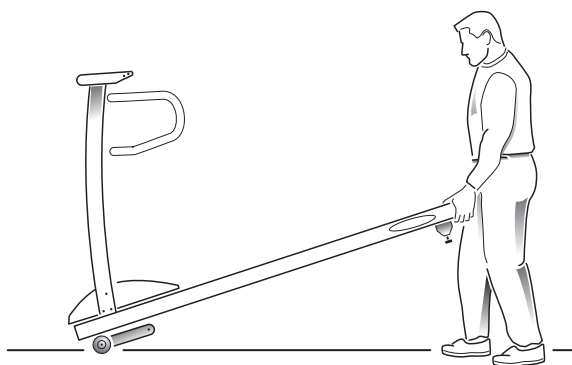
CLEANING

- Clean with soap and slightly damp cloth only; never use solvents.

MOVING YOUR VISION FITNESS TREADMILL

Your VISION FITNESS Treadmill has a pair of transport wheels built into the front legs. To move, firmly grasp the back end of the frame, carefully lift and roll.

CAUTION: Our Treadmills are well-built and heavy, weighing up to 325 lbs.! Use care and additional help if necessary.



PLACEMENT IN YOUR HOME

It is important that you place your Treadmill in a comfortable and inviting room. Your Treadmill is designed to use minimal floor space. Many people will place their Treadmills facing the TV or a picture window. If at all possible, avoid putting your Treadmill in an unfinished basement. To make exercise a desirable daily activity for you, the Treadmill should be in an attractive setting.

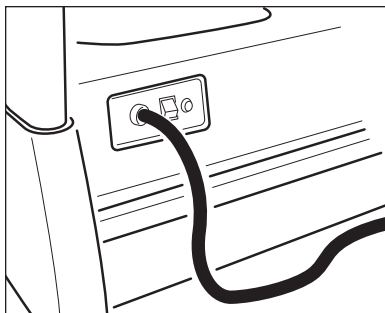
NOTE: If you place your Treadmill facing out from a wall, you should leave 3 feet between the wall and the Treadmill to ensure safe operation.

LEVELING

The Treadmill should be level for optimum use. Once you have placed the Treadmill where you intend to use it, raise or lower one or both of the adjustable levelers located on the back of the Treadmill frame. A carpenter's level is recommended. If your Treadmill is not level, the running belt may not track properly. Once you have leveled the Treadmill, lock the levelers in place by tightening the nuts against the frame.

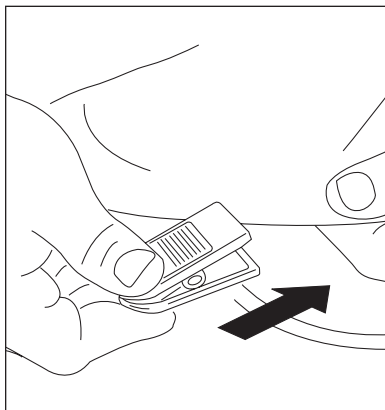
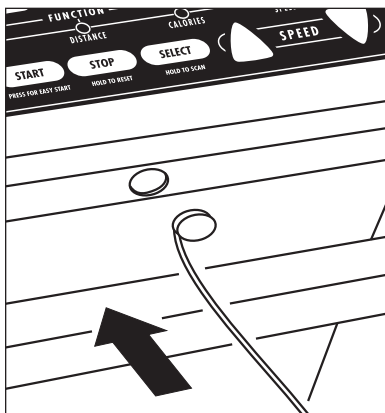
POWER

Ensure that your Treadmill is properly connected to a power outlet, then turn on the Power switch, located at the front of the main frame.



SAFETY KEY CLIP & TETHER

Your VISION FITNESS Treadmill will not start unless the Safety Key is inserted into the keyhole in the center of the console case. You should attach the clip end to your clothing. If at any time you need to stop the Treadmill quickly simply pull the Safety Key off the console. This will cut all power to the Treadmill and it will come to a complete stop. To resume your workout, place the Safety Key back in place. This will send you back to the start-up mode.



T9600HRT PROGRAM DETAILS

PROGRAM QUICK-KEYS

We have made choosing a program simple and easy with our program Quick-Key feature. All you need to do is press one of the pre-set program Quick-Keys and you are on your way to starting your program. We have divided our programs into three categories; Fat Burn, Speed Training, and Endurance. By doing this you now have a quick reference on what type of workout you will be doing.

PROGRAM QUICK-KEYS

FAT BURN
HRT* ELEVATION
ROLLING HILLS
RANDOM
SPEED WALK

SPEED TRAINING
HRT* INTERVAL
INTERVAL SPEED
INTERVAL HILLS
PEAK SPEED

ENDURANCE
HRT* ELEV & SPD
5K BACKTRAIL RUN
10K LAKESIDE RUN
OCEANVIEW RUN

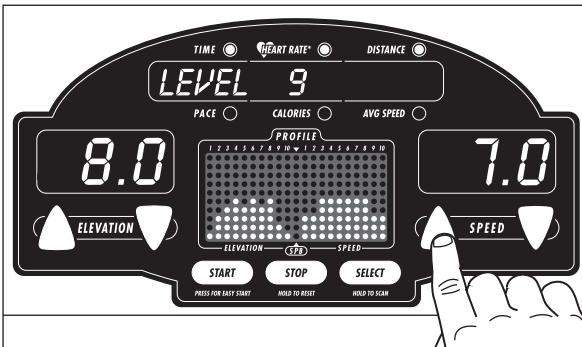
INSTRUCTIONS
1. Attach safety key clip to clothing.
2. Follow scrolling text in upper display window.

(SPB)
Segment Progress Bar displays accumulated time per Segment.

PROGRAM LEVELS

All programs, except for Heart Rate Training programs, have 9 levels. By having 9 levels to choose from, you can change the intensity of your workout as your fitness level improves. In general, the beginner levels have lower level numbers and the most advanced levels have higher level numbers. For example, L9 will be the most advanced workout and L1 will be the beginner level. If you are not sure what fitness level you are at, you should start out at a lower level and work up to a comfortable level.

NOTE: All programs can provide an aerobic and cardiovascular benefit in addition to the specific benefits listed.

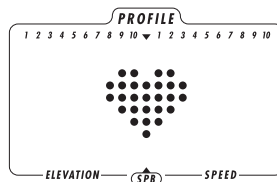


T9600HRT PROGRAM DETAILS - FAT BURN

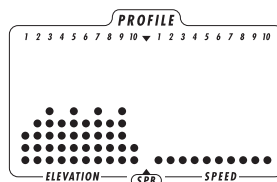
The Fat Burn programs use gradual changes in speed or elevation to increase your calorie burn, yet keep you within your Target Heart Rate Zone. Great for people who want to drop a few pounds, or just to keep a consistent exercise program moving along.



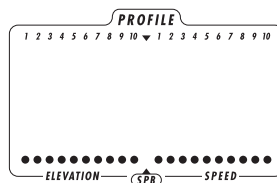
Set the speed you want to exercise at, and the program will change the elevation to keep you in your Target Heart Rate Zone. The program default time is 32 minutes.



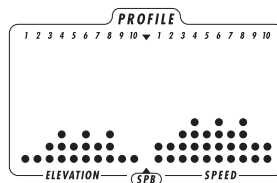
Uses gradual fitness intervals of changing elevation to increase your calorie burn, yet not overexert you. The program default time is 32 minutes.



Uses randomly chosen speed and elevation changes to gradually increase or decrease your intensity and keep you in the fat burn zone. The program default time is 32 minutes.



This program uses gradual fitness intervals of speed and elevation to increase your calorie burn. The program default time is 32 minutes.

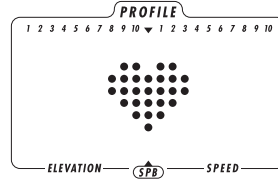


T9600HRT PROGRAM DETAILS - SPEED TRAINING

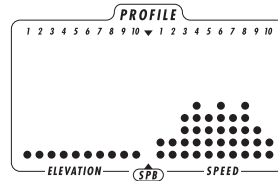
The Speed Training Programs use effort intervals and recovery intervals to help with your performance training. These programs are great for building speed and peak performance for all athletic activities.



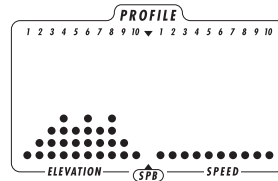
Set your heart rate goal, as well as effort and recovery interval times, and the program will adjust your speed to reach the goal. The program default time is 32 minutes.



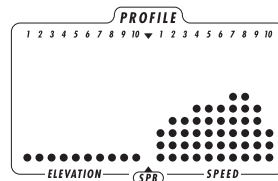
Challenge yourself with this effort and recovery speed interval program. The program default time is 32 minutes.



Helps you to develop strength with effort and recovery elevation intervals. The program default time is 24 minutes.



This speed training program improves your cardiovascular capacity by gradually increasing speed followed by a gradual cool down. The program default time is 32 minutes.

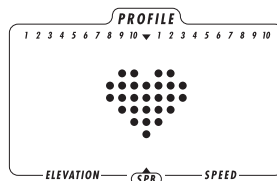


T9600HRT PROGRAM DETAILS - ENDURANCE TRAINING

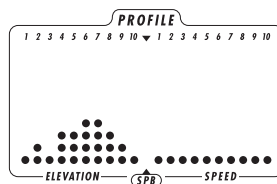
The Endurance Training Programs uses gradual increases in elevation and/or speed to develop endurance. These programs are great training tools for those who have set a personal goal of competing in a race, or for those who want to increase their endurance in other activities.



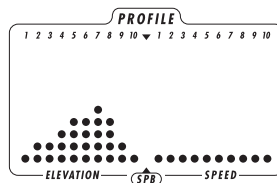
Increases your endurance by changing speed and elevation, while keeping at the Target Heart Rate that you set. The program default time is 32 minutes.



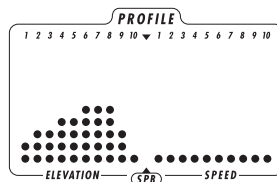
Imagine yourself running through beautiful scenery as this 5K program gradually changes elevation. There is no preset time. You run at your own pace.



This program simulates a 10K run that gradually increases in elevation, before its gradual decent. There is no preset time. You control the pace.



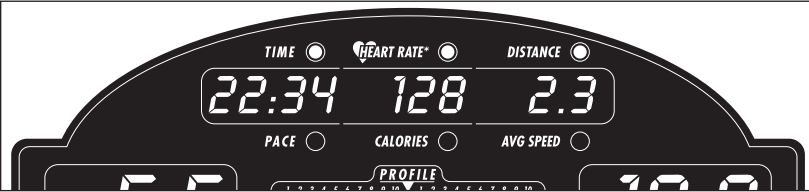
Improves your cardiovascular conditioning by simulating a plateau hill climb. The program default time is 48 minutes.



T9600HRT FEEDBACK DISPLAY

ALPHANUMERIC MESSAGE CENTER

This is a display that will scroll the operation instructions in the top center display window. It will also display your feedback when the LED next to the appropriate word is lit.



TIME

Shown as Minutes:Seconds. View the Time remaining or the Time elapsed in your workout.

DISTANCE

Shown as Miles. View Distance traveled during workout.

CALORIES

Shown as estimated accumulated Calories burned during workout.

HEART RATE

Shown as Beats-per-Minute. You can monitor your Heart Rate at any time during a workout.

AVERAGE SPEED

Shown as Miles per Hour. Equals accumulated Distance \div elapsed Time. Corresponds to simulated outdoor walking or running Speed.

PACE

Shown as Time (Minutes.Tenth of Minutes) required to travel 1 mile at current Speed.

T9600HRT FEEDBACK DISPLAY

ELEVATION

Shown as percentage of incline, Elevation is visible in the left-hand LED window. Indicates how steeply inclined the running surface is, to simulate running on a hill.

SPEED

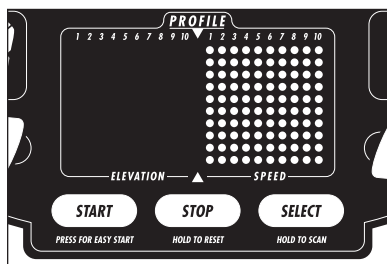
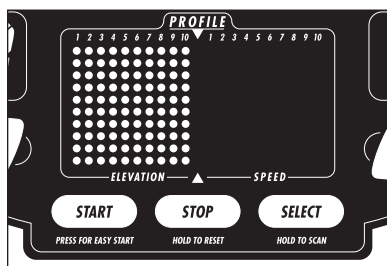
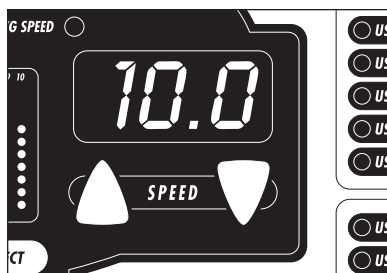
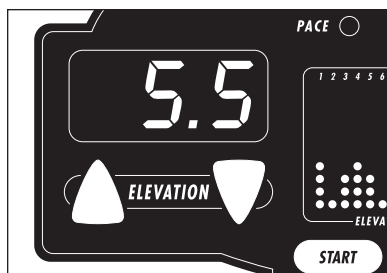
Shown as Miles/Hour, Speed is visible in the right-hand LED window. Indicates how fast the running surface is moving, to simulate outdoor running.

PROFILE MATRIX WINDOW 10 X 21

The Left dots #1-10 will show an Elevation Profile in 10 segments in ORANGE. This profile is not an exact representation of the elevation profile, but just a bar graph.

The Right dots #1-10 will show a Speed Profile in 10 segments in RED. This profile is not an exact representation of the speed profile, but just a bar graph.

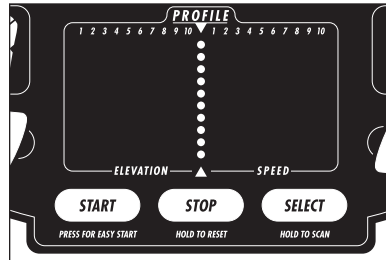
(continued on next page.)



T9600HRT FEEDBACK DISPLAY

PROFILE MATRIX WINDOW 10 X 21

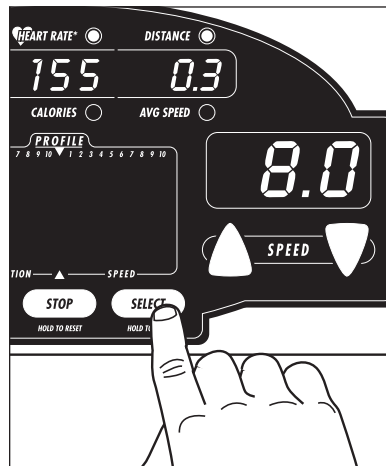
The Center column will be the Segment Progress Bar. The bar will be displayed in GREEN and shows how much time is left in your current segment. This will take the segment time and divide it into 10 dots and as you complete more of the segment more of the dots are lit.



For example: if your workout is 10 minutes long, each segment is 1 minute long. The Segment Progress Bar will then divide that 1 minute into 10 dots of 6 seconds per dot. The dots would clear and start counting up as each segment passes. There would be an audio beep to signal the segment change.

SCAN FUNCTION

To scan through the functions during your workout, simply press the SELECT button. To continuously Scan, press and hold until the Console double-beeps (about 2 seconds.)



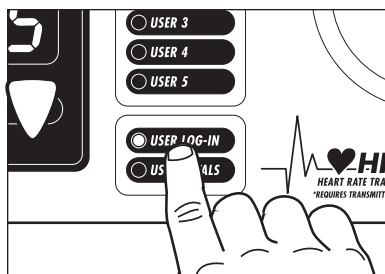
T9600HRT FEATURES

USER LOG-IN

The console on the T9600HRT has a special feature that allows you to Log-In and save all data from your workout. To use this function follow these steps.

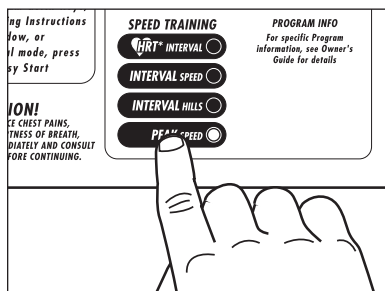
PRESS USER LOG-IN BUTTON

When selected, the green LED next to the button will be lit. Use the Arrow keys to choose a user I.D. number (1-10). This will appear in the Alphanumeric Message Center. Then press SELECT.



CHOOSE A PROGRAM

Select the desired program by using one of the Quick-Keys or press START to enter the Manual mode.



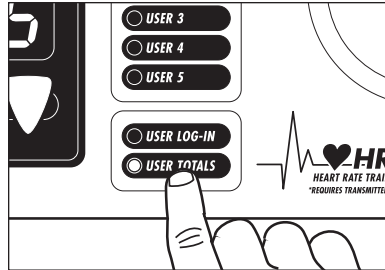
T9600HRT FEATURES

USER TOTALS BUTTON

To use this function you will need to use the same User Log-In code and follow these three steps.

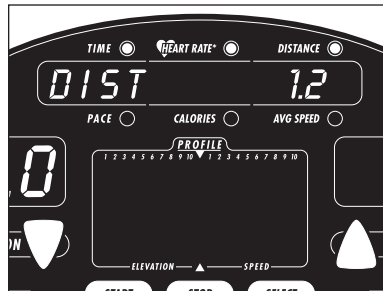
PRESS USER TOTALS BUTTON

When selected, the orange LED next to the button will be lit. Use the Arrow keys to enter your User I.D. Number. This is the same number that you use to log-in before you begin working out. Then press SELECT.



TOTALS ARE DISPLAYED

Now your accumulated totals for Distance, Hours, Calories, and Average Speed are displayed. They will scroll across the Alphanumeric Message Center.

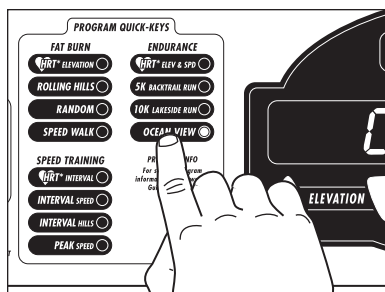


RESET USER TOTALS

When reviewing your user totals, simply press and hold the STOP key on the overlay. This will clear the user total information.

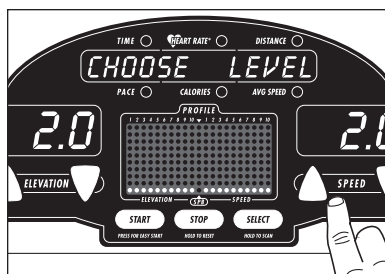
CHOOSE A PROGRAM

Select the desired program by using one of the Quick-Keys or user program keys. You may also press START to enter the Manual mode.



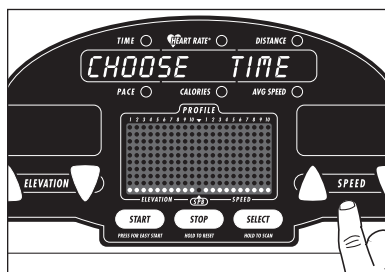
CHOOSING A LEVEL

Choose Level using Arrow keys and press SELECT. The elevation & speed window will display the programs maximum elevation & speed. The Alphanumeric Message Center will also display "Level 1", etc..



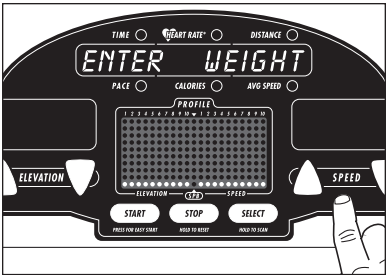
CHOOSING A TIME

Choose Time using Arrow keys and press SELECT. The Time window will blink to let the user know what time they have input.



ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display "Weight lbs. 150" to let the user know what their Weight is. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



GENERAL HEART RATE TRAINING RECOMMENDATIONS

To use the Heart Rate Training Program, it is important to determine your Target Heart Rate Zone, using the chart below. After determining your Target Zone, you should use the treadmill in MANUAL mode to see if the Target Zone you have selected is correct. This will give you a good base to start your Heart Rate Training. If you feel your Target Zone is too low or too high, keep using the treadmill in the MANUAL mode until you feel comfortable during your workout; then you can begin using the Heart Rate Training Program.

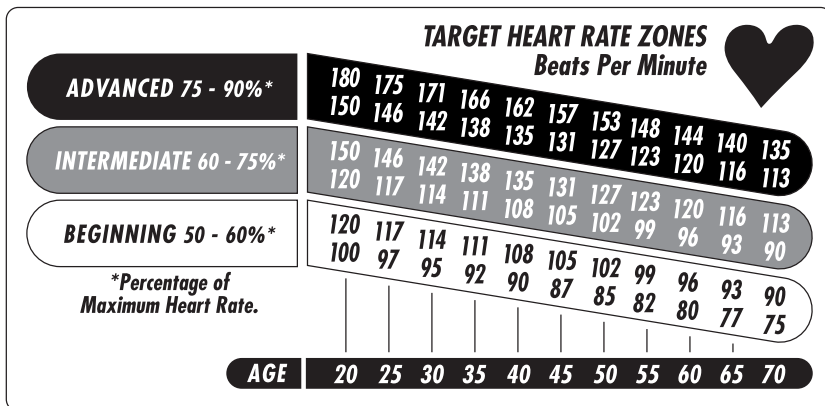
EXERCISE INTENSITY

To reap the most cardiovascular benefits from your workout, it is necessary to exercise within a recommended intensity. The three ways to monitor exercise intensity are Target Heart Rate, Perceived Exertion, and the Talk Test.

TARGET HEART RATE

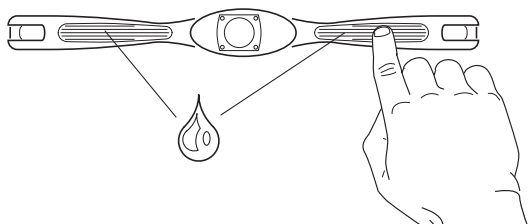
Target Heart Rate is a percentage of your maximum heart rate. Target Heart Rate will vary for each individual, depending on age, current level of conditioning, and personal fitness goals. Exercise heart rate should range from 50 - 90% of the predicted maximum heart rate for most healthy adults. A guideline for Target Heart Rate follows:

- 50 - 60% Beginning Exercisers or Health Concerns
- 60 - 75% General Fitness or Weight Loss
- 75 - 90% Improve Aerobic Capacity or Athletic Performance



WIRELESS CHEST TRANSMITTER

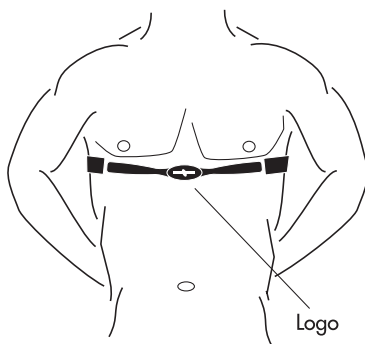
Prior to wearing the Strap on your chest, moisten the two rubber contact pads with several drops of water and spread about with your fingers.



TRANSMITTER STRAP PLACEMENT

Center the Transmitter Strap just below the breast or pectoral muscles, directly over your sternum with the VISION FITNESS logo facing out.

Adjust the elastic strap length to avoid bouncing or sliding.



RATE OF PERCEIVED EXERTION

Rate of Perceived Exertion (R.P.E.) is one of the easiest ways to monitor exercise intensity. By becoming familiar with the RPE scale, you can continually assess your level of intensity and insure a level of exertion that is comfortable. An increase in exercise intensity is directly related to elevation in exercise heart rate. Consequently RPE can be used alone or together with heart rate when monitoring exercise intensity.

RPE SCALE

0	Nothing at all
.5	Very, very weak
1	Very weak
2	Weak
3	Moderate
4	Somewhat strong
5	Strong
6	
7	very strong
8	
9	
10	Very, very, strong
	Maximal

The recommended RPE range for most people is between 3 (moderate) and 5 (strong). The RPE should be independent of your pace; it is dependent on the feelings caused by the exertion.

TALK TEST

The "Talk Test" is a quick and simple check of exercise intensity. If you have trouble completing a sentence, you are working too hard. You should be able to speak freely without gasping for air.

T9600HRT HEART RATE TRAINING - FAT BURN

HEART RATE TRAINING - ELEVATION ONLY

Program default is 32:00 minutes

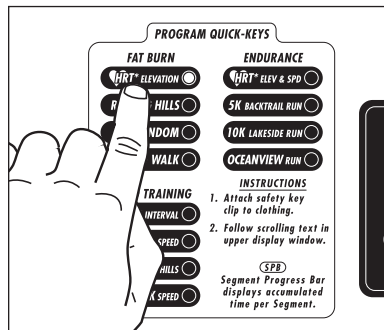
Enter Target Heart Rate, Time, & Weight.

The treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach your Target Heart Rate, the treadmill now controls your Heart Rate by Elevation only to keep you in your Target Zone. You now only have control of the Speed of the treadmill. This will repeat throughout the program.

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

CHOOSE THE FAT BURN HRT PROGRAM

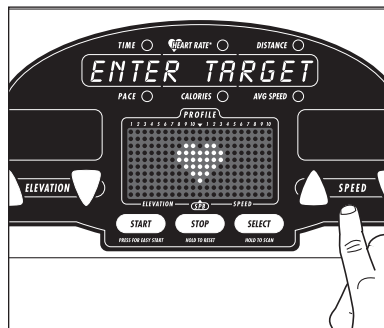
Press the HRT Elevation Button under the Fat Burn section of Quick-Keys.



ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

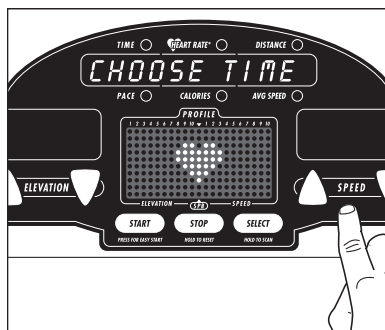
NOTE: The Function Window will blink and the heart rate LED will be lit to let you know what your Target Zone is.



CHOOSE PROGRAM TIME

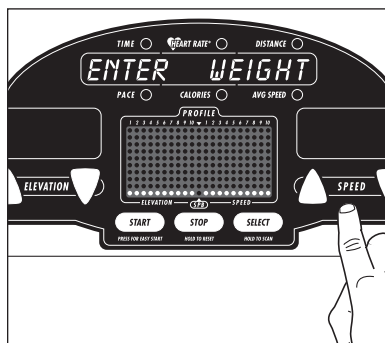
After you have chosen your Target Heart Rate, the time window will show the program default time of 32:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.

NOTE: The function window will blink and the time LED will be lit to let you know what time you have input.



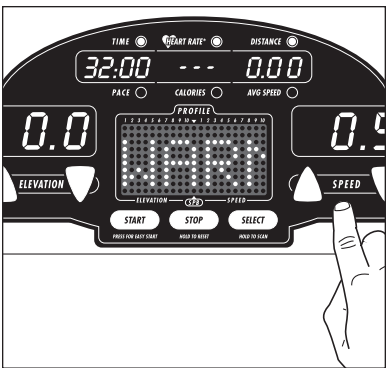
ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display "Weight lbs. 150" to let the user know what their Weight is. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM UP MODE

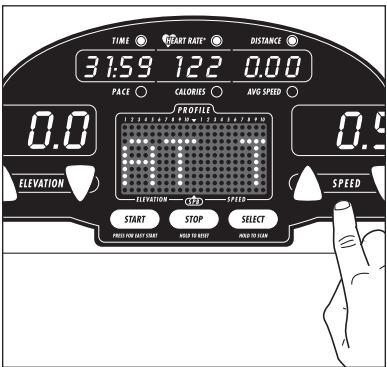
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within 5+/- Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.



PROGRAM MODE

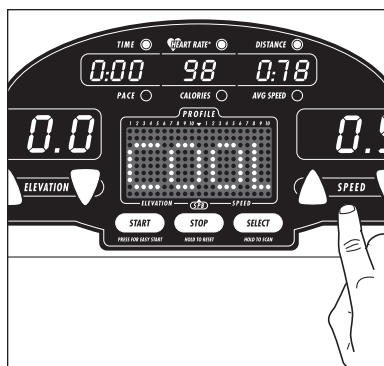
Now the treadmill will automatically adjust your elevation to keep you in your Target Zone. This will repeat throughout the program.

NOTE: The matrix window will scroll: "At target beginning heart rate training."



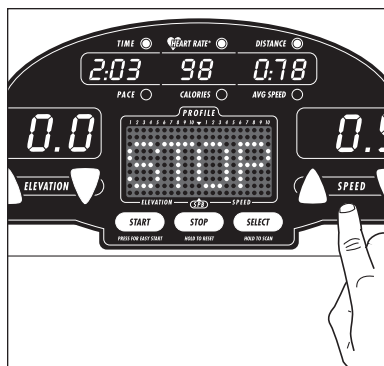
COOL DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down Mode, Press Stop to complete workout". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace. You may now press the SELECT button to view your totals.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the treadmill will stop.



T9600HRT HEART RATE TRAINING - SPEED TRAINING

HEART RATE TRAINING - SPEED ONLY

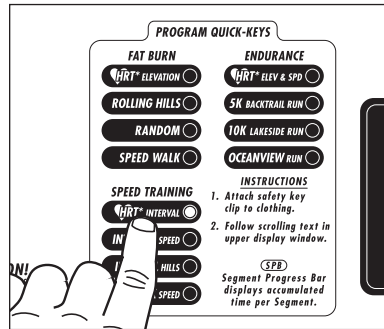
Program default is 32:00 minutes

Enter Target Heart Rate, Program Time, Work Time, Rest Time, & Weight. The treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach your Target Heart Rate, the treadmill now controls your Heart Rate by Speed only to keep you in your Target Zone. You now only have control of the Elevation of the treadmill. This will repeat throughout the program.

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

CHOOSE THE SPEED TRAINING HRT PROGRAM

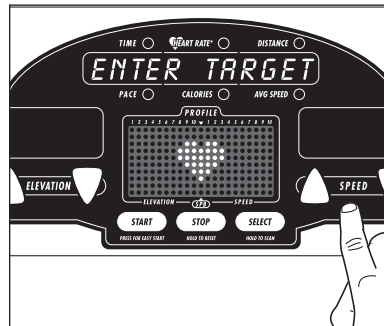
Press the HRT Interval Button under the Speed Training section of Quick-Keys.



ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

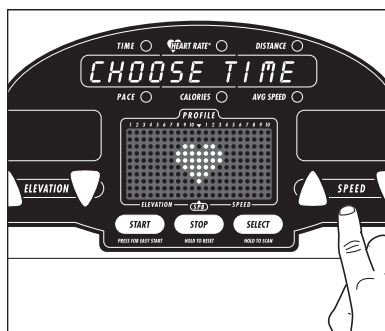
NOTE: The Function Window will blink and the heart rate LED will be lit to let you know what your Target Zone is.



CHOOSE PROGRAM TIME

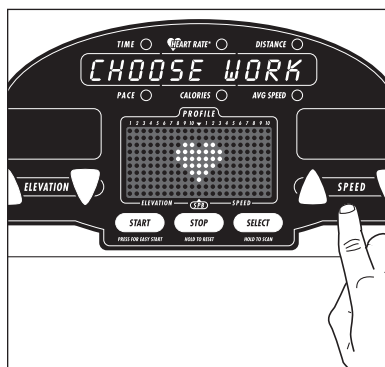
After you have chosen your Target Heart Rate, the time window will show the program default time of 32:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time.

NOTE: The function window will blink and the time LED will be lit to let you know what time you have input.



CHOOSE INTERVAL WORK TIME

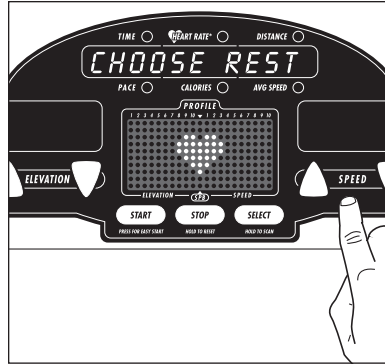
After you have chosen your Program Time, you will now need to enter your HRT Interval Work Time. This is the time that you are using Heart Rate feedback to control speed. To change the time use either set of Arrow buttons to enter your Interval Work Time and press the SELECT button.



CHOOSE INTERVAL REST TIME

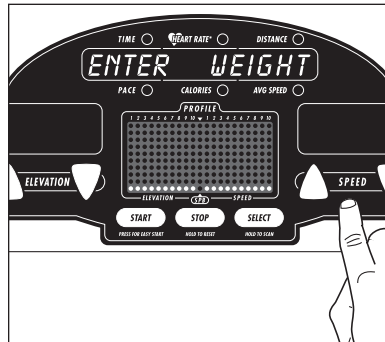
After you have chosen your Program Time, you will now need to enter your HRT Interval Rest Time. This is the rest time between your Work Interval. There is no Heart Rate Feedback to control speed. To change the time, use either set of Arrow buttons to enter your Interval Rest Time and press the SELECT button.

If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.



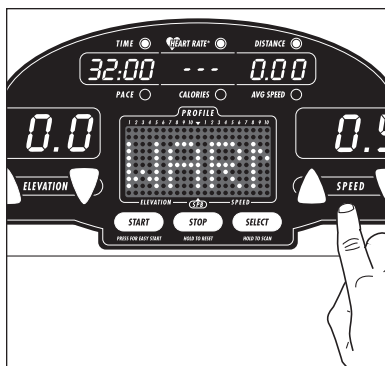
ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display "Weight lbs. 150" to let the user know what their Weight is. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM UP MODE

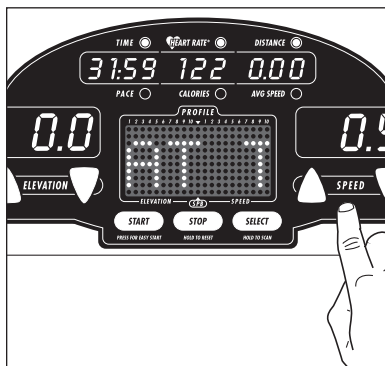
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within 5+/- Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.



PROGRAM MODE

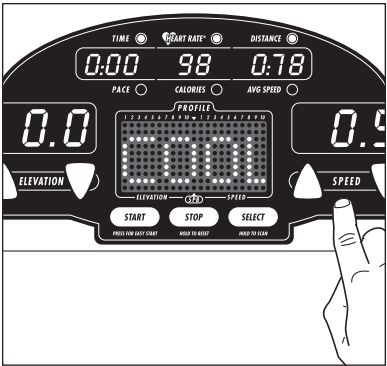
Now the treadmill will automatically adjust your speed to keep you in your Target Zone. This will repeat throughout the program.

NOTE: The matrix window will scroll: "At target beginning heart rate training."



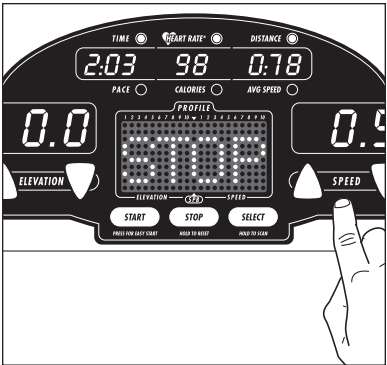
COOL DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down Mode, Press Stop to complete workout". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace. You may now press the SELECT button to view your totals.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the treadmill will stop.



T9600HRT HEART RATE TRAINING - ENDURANCE

HEART RATE TRAINING - ELEVATION & SPEED

Program default is 32:00 minutes

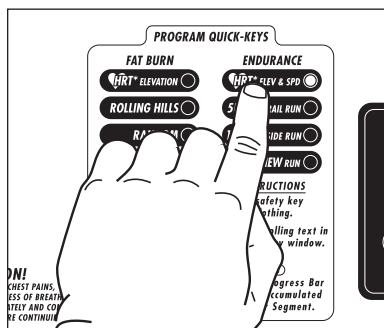
Enter Target Heart Rate, Time, & Weight.

The treadmill has a manual mode warm up until you reach your Target Heart Rate. During the warm up mode you control both speed and elevation. This does not count for the program time. Once you reach your Target Heart Rate, the treadmill now controls your Heart Rate by Speed and Elevation. The speed will be automatically adjusted first up to 1 MPH greater than the current Target Heart Rate Speed. After the console automatically adjusts your speed up to 1 MPH more than the Target Heart Rate Speed, the elevation will take over and adjust your elevation to keep you in your Target Zone. This will repeat throughout the program

NOTE: You can follow these instructions below or you can use the scrolling instructions in the Alphanumeric Message Center.

CHOOSE THE ENDURANCE HRT PROGRAM

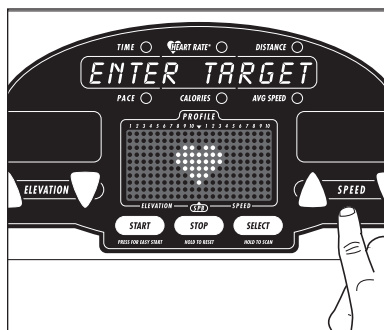
Press the HRT Elevation & Speed Button under the Endurance section of Quick-Keys.



ENTER TARGET HEART RATE ZONE

Using either set of Arrow buttons, enter your Target Heart Rate and press the SELECT button.

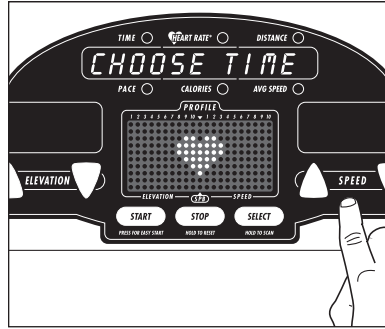
NOTE: The Function Window will blink and the heart rate LED will be lit to let you know what your Target Zone is.



CHOOSE PROGRAM TIME

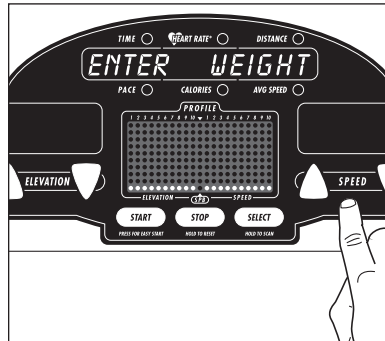
After you have chosen your Target Heart Rate, the time window will show the program default time of 32:00. You may change the Time, using either set of Arrow buttons. Press the SELECT button to enter your Time. The Minimum Time for this program is 5 minutes. If you are ready to begin exercising, press the START button. Optionally, if you wish to enter your weight, proceed to the next step.

NOTE: The function window will blink and the time LED will be lit to let you know what time you have input.



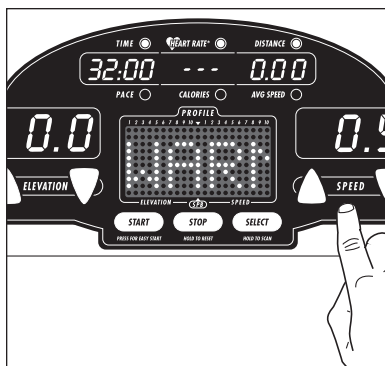
ENTERING YOUR WEIGHT

Enter weight using Arrows and press START. The Alphanumeric Message Center window will display "Weight lbs. 150" to let the user know what their Weight is. After you press START the Matrix will display a 3,2,1 count down and "beep". The belt will start after the count down



WARM UP MODE

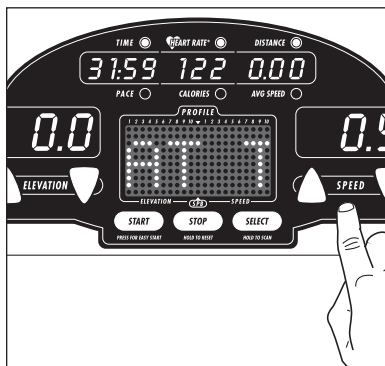
Now the treadmill is in the manual warm up mode. You are now in control of both the speed and elevation to reach your target Heart Rate Zone. Once a steady Heart Rate within 5+/- Beats Per Minute of your entered Target Zone is found, the console will beep 3 times and then enter the Heart Rate Training mode.



PROGRAM MODE

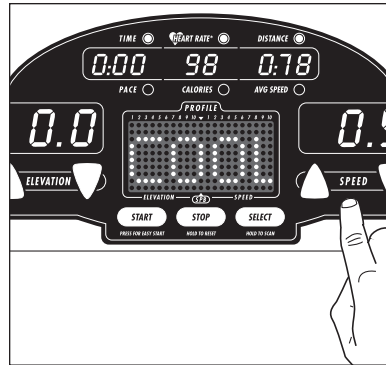
Now the treadmill will automatically adjust your speed and elevation to keep you in your Target Zone. This will repeat throughout the program. It will adjust speed first, then elevation. Never both at the same time.

NOTE: The matrix window will scroll: "At target beginning heart rate training."



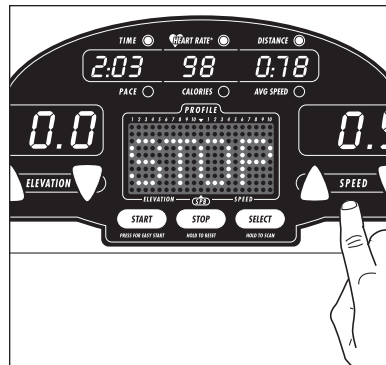
COOL DOWN MODE

After you have completed your timed workout, the console will display: "Cool Down Mode, Press Stop to complete workout". This is to let you know that your program has ended. You are now in a manual mode cool down and have control of the Speed and Elevation. This lets you cool down at your own pace. You may now press the SELECT button to view your totals.



ENDING THE PROGRAM

Once you feel your cool down has elapsed, press the STOP button and the treadmill will stop.

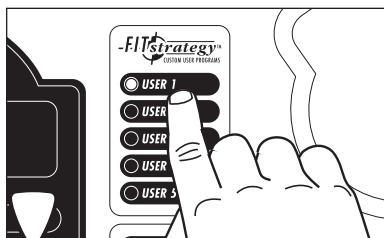


FITstrategy™ CUSTOM USER PROGRAMS

Design your own Programs by setting the desired Speed and Elevation. All Programs have 10 intervals and a minimum program Time of 10 minutes. By designing your own programs you now can control your fitness goals workout by workout. This allows you to modify your training based on certain events or milestones you may have set for yourself.

USER PROGRAM DETAILS **PROGRAMMING A USER PROGRAM**

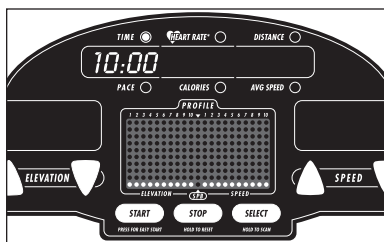
Select a user program by pressing one of the User Program Buttons.



ENTER PROGRAM TIME

Enter Time using Arrows, then press the SELECT button to save total workout time.

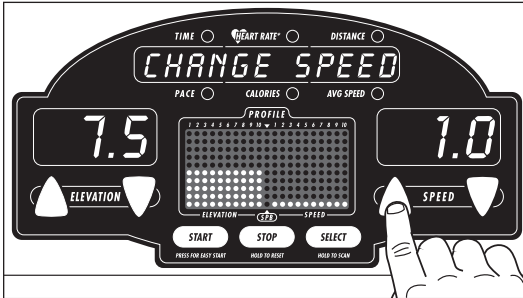
NOTE: The Alphanumeric Message Center will scroll two messages: "Press arrow keys to modify program" and "Press select to accept program".



ENTER SEGMENT SPEED

The #1 column will blink. Press Speed Arrows to change the segment column Speed (Speed numeric values changing with red column).

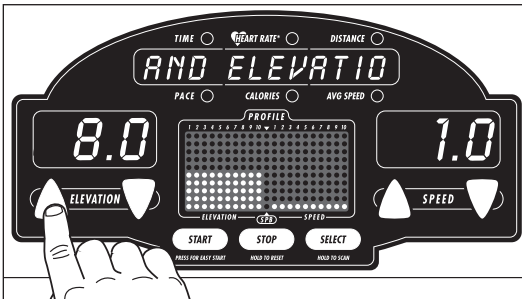
NOTE: The Alphanumeric Message Center will scroll: "Press select to move to next interval".



ENTER SEGMENT ELEVATION

Then press the Elevation Arrows to change the segment column Elevation (notice Elevation numeric values changing with orange column).

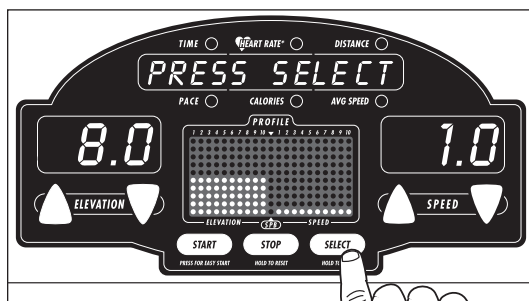
NOTE: The Alphanumeric Message Center will scroll: "Press select to move to next interval".



SAVING SEGMENT DATA

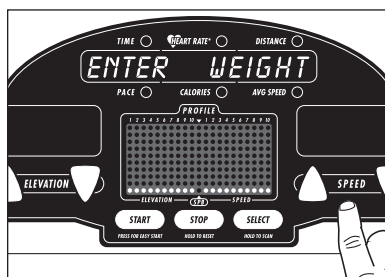
Press the SELECT button to store Speed and Elevation, then proceed to the next column.

NOTE: Repeat entering segment speed and segment elevation until all 10 segments are completed.



ENTERING YOUR WEIGHT

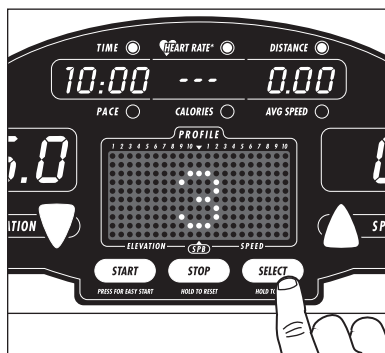
After you have completed entering your segment data, you may now enter your Weight. By entering your Weight, the totals for Calories will be adjusted according to your entered Weight.



BEGINNING WORKOUT

Begin your exercising in your new ***FitStrategy***™ custom user program by pressing the START button.

NOTE: This program will be saved permanently and may be changed by repeating the steps above



TROUBLESHOOTING YOUR TREADMILL

Our Treadmills are designed to be reliable and easy to use. If, however, you have a problem, these troubleshooting steps may indicate the cause.

PROBLEM: The Console does not light up.

SOLUTION: Check to make sure the Treadmill is connected to a functioning outlet, and that the Treadmill is turned on.

PROBLEM: The Treadmill's built-in circuit breaker trips repeatedly, shutting-off for no apparent reason.

SOLUTION: The lubricating wax coating on the deck is wearing down and needs to be replenished; contact your VISION FITNESS retailer.

PROBLEM: The Treadmill shuts off when elevated.

SOLUTION: Check to make sure that the power cord is not stretched so tight that when the Treadmill is elevated the cord is pulled out of the wall outlet.

PROBLEM: The running belt does not stay in the center of the Treadmill when you are running on it.

SOLUTION: 1) Check to make sure the Treadmill is level. 2) The running belt is loose and needs to be properly tensioned (see Page 43 for proper procedure).

PROBLEM: The belt moves within 1/4" of - but does not touch - the side rail.

SOLUTION: There is nothing wrong, this is normal and will not cause any damage.

NOTE: If the above steps do not remedy the problem, discontinue use, turn the power off and contact your VISION FITNESS retailer.

TROUBLESHOOTING YOUR HEART RATE MONITOR CHEST STRAP

PROBLEM: No pulse reading appears

SOLUTION: There may be a poor connection between the contact pads and skin. Remoisten electrodes.

SOLUTION: Transmitter is not properly positioned. Reposition the chest strap.

SOLUTION: Verify that the distance between transmitter and receiver is not beyond the recommended range of 36 inches.

PROBLEM: There is an erratic pulse rate.

SOLUTION: Chest strap is too loose; readjust according to directions.

NOTE: It is possible that heart rate monitors will not function properly on some people due to a variety of reasons. It may be necessary to experiment with the fit and position of the chest strap. Outside interference sources such as computers, motors, etc. are also a major source of problems for heart rate monitors.

COMMON TREADMILL QUESTIONS

Q: Are the sounds my Treadmill makes normal?

A: All Treadmills make a certain type of thumping noise due to the belt riding over the rollers. This noise will diminish over time, although it might not totally go away. With use, the belt will stretch, causing the belt to ride more smoothly over the rollers. It might appear that one Treadmill is louder another. There are many reasons for this and may not be due to a defect.

Q: Why is the Treadmill I had delivered louder than the one at the store?

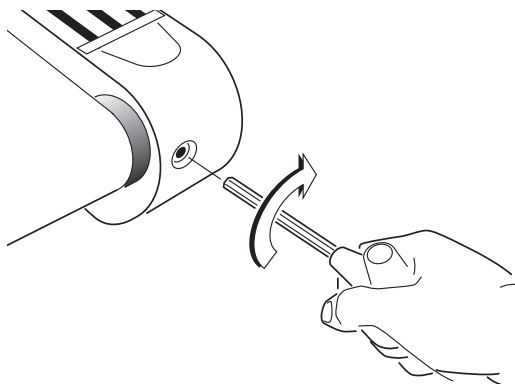
A: All fitness products seem quieter in a large store showroom because there is generally more background noise than in your home. This is due to many acoustic differences. A number of precautions can be taken to reduce noise. For instance, a heavy rubber mat can help reduce reverberation through the floor. And finally, if a fitness product is placed close to a wall, there will more reflected noise.

Q: When should I be worried about a noise?

A: As long as the sounds your Treadmill makes are no louder than a normal conversational tone of voice, it is considered normal noise. If your Treadmill is louder than this, you may want to call your service technician. Sometimes an initial diagnosis can be made over the phone.

TENSIONING THE BELT

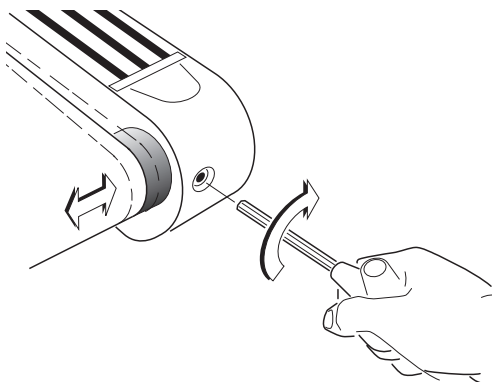
If the running belt slips when used, use the supplied 8^{mm} Allen wrench to turn the left and right tension bolts clockwise 1/4-turn at a time until the belt no longer slips.



CENTERING THE BELT

If the running belt is too far to the *right* side, use the supplied 8^{mm} Allen wrench to turn the *right* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.

If the running belt is too far to the *left* side, turn the *left* tension bolt clockwise 1/4-turn at a time until the belt remains centered during use.



LIMITED HOME USE WARRANTY

VISION FITNESS extends the following exclusive, limited warranty, which shall apply only to the use of the device in the home, for residential, non-commercial purposes only. Any other use of the device shall void this warranty.

VISION FITNESS hereby extends the following limited warranties for the following components of the device, for the time period indicated:

FRAME - LIFETIME VISION FITNESS warrants the Frame against defects in workmanship and materials for the life of the product, so long as it remains in the possession of the original owner.

MOTOR - FIVE YEARS VISION FITNESS warrants the Motor against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS - THREE YEARS VISION FITNESS warrants the Electronic components and all original Parts (other than the Motor) against defects in workmanship and materials for a period of three years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR - ONE YEAR VISION FITNESS shall cover the Labor cost for the repair of the device for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

LIMITED HOME USE WARRANTY (continued)

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective Parts, or the supply of Labor to cure any defect, provided that Labor shall be limited to one year. All Labor shall be supplied by the local Retailer who sold the Product and the Product must be located within that Retailer's service area. Products located outside the Retailer's service area will not be covered by the Labor warranty.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective Frame, Electronic component, or defective Part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the Fitness Product as sold. The warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and Electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific legal rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new Treadmill. Thank you for selecting a VISION FITNESS product.

DEVELOPING A FITNESS PROGRAM

WARM UP

When you exercise you need more oxygen to fuel your muscles. This oxygen is carried to the muscles through blood. The increasing demands of exercise will cause increased breathing rate, heart rate, blood flow and blood temperature. As your blood temperature rises and more oxygen is released, the temperature of your muscles will increase. This allows the muscles to burn calories and create energy for exercise.

A warm-up activity should be a progressive aerobic activity that utilizes the muscles you will be using during your workout. There is no set intensity to warm-up with. A typical warm-up will produce a small amount of perspiration, but not leave you feeling fatigued. Intensity and fitness level will affect the duration of your warm-up, but 5 to 10 minutes is usually recommended.

A gradual warm-up will do the following:

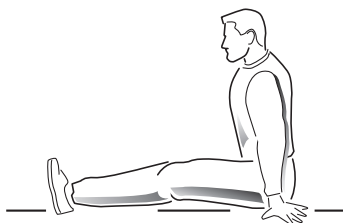
- Produce faster more forceful muscle contractions
- Increase your metabolic rate so oxygen is delivered to the working muscles more quickly
- Leads to efficient calorie burning by increasing your core body temperature
- Prevent injuries by improving the elasticity of your muscles
- Allow you to work out comfortably longer because your energy systems are able to exercise, preventing the buildup of lactic acid in the blood.
- Improves joint range of motion
- Psychologically prepares you for higher intensities by increasing your arousal and focus on exercise

FLEXIBILITY

Before stretching, take a few minutes to warm-up as stretching a cold muscle can cause injury. When stretching you should start slowly, exhaling as you gently stretch the muscle. Try to hold each stretch for at least 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch is more effective and less of a risk for injury. Don't strain or push a muscle too far. If a stretch hurts, ease up.

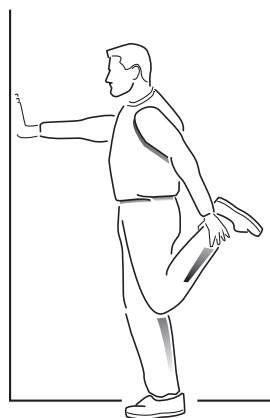
SEATED TOE TOUCH

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes exhaling as you go. Hold the stretch for 15 to 30 seconds. Return to the start position and repeat the stretch as necessary.



STANDING QUADRICEPS STRETCH

Using a wall or your Bike to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing to the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg and continue to alternate for amount of desired repetitions.



STANDING CALF STRETCH

Standing about 3 feet from a wall, take one step forward with your left foot. Place your hands on the wall in front of you. Your elbows slightly bent, shoulders, hips, and feet are pointed directly towards the wall. Bend your left leg slowly using the movement to control the amount of stretch in the right calf. Your heels should stay on the ground. Slowly bring yourself back to the starting position and switch legs. Alternate for the amount of desired repetitions.



EXERCISE GUIDELINES

The American Council of Sports Medicine (A.C.S.M.) recommends the following exercise guidelines, for healthy aerobic activity:

Frequency: Exercise 3 to 5 days each week.

Warm-up: Warm-up 5 to 10 minutes before aerobic activity.

Duration: Maintain your exercise intensity for 20 to 60 minutes.

Cool Down: Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

NOTE: If weight loss is major goal, participate in your aerobic activity at least 30 minutes for five or more days each week.

ACHIEVING YOUR FITNESS GOALS

An important step in developing a long term fitness program is to determine your goals. Is your primary goal for exercising on your VISION FITNESS Product to lose weight? Improve muscle tone? Relieve stress? Prepare for the spring racing schedule? Knowing what your goals are will help you develop a more successful exercise program. Below are some common exercise goals:

- Weight Loss & Maintenance
- Improve Body Shape & Tone
- Increase Energy Level
- Improve Cycling/Cross Sports Performance
- Improve Cardiovascular Endurance
- Stress Reduction
- Improve Sleep Patterns
- Improve muscular strength

If possible try to define your personal goals in precise, measurable terms, and then put your goals in writing. The more specific you can be, the easier it will be to track your progress. If your goals are long term, divide them up into monthly and weekly segments. Longer term goals can lose some of the immediate motivation benefits. Short term goals are easier to achieve. Your VISION FITNESS Product console provides you with several readouts that can be used to record your progress. You can track Distance, Calories or Time. Time is the most important and useful of test functions.

SAMPLE GOALS:

Goal-setting is a popular motivational technique. It's important to set goals and reward yourself when initiating a new exercise program because you're attempting to break current patterns and form a new habit. Whether you use this technique or another, make fitness a priority in your life. You can achieve the ultimate reward to yourself: you can establish the exercise habit!

Some sample goals may be:

- To strengthen my heart by exercising 24 minutes three days a week.

(Goal Measurement: Exercise Time=72 minutes a week).

- To improve my body's ability to burn fat by exercising at a low intensity for 48 minutes per day, 5 days a week.

(Goal Measurement: Exercise Time=240 minutes per week).

- To burn off work related stress by exercising for 20 minutes a day on work days.

(Goal Measurement: Exercise Time=100 minutes per week).

KEEPING AN EXERCISE DAIRY

Photocopy the weekly and annual log sheets on the following pages to make your personal exercise log book. As time goes by you'll be able to look back with pride at the work you've done. As your fitness improves, you can look back and see how far you've come.

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

Day	Date	Workload Level	Exercise Time	Distance	Comments
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Totals			<input type="text"/>	<input type="text"/>	

January

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

February

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

March

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

April

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

May

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

June

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

July

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

August

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

September

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

October

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

November

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

December

Week	Minutes	Distance
1		
2		
3		
4		
5		
Totals	<input type="text"/>	<input type="text"/>
Reward	<input type="text"/>	

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500 South CP Avenue • P.O. Box 280 • Lake Mills, WI 53551
toll free 1.800.335.4348 • phone 1.920.648.4090 • fax 1.920.648.3373
www.visionfitness.com

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